

FAN GUIDE

GDYNIA | 2-4 SIERPANIA 2024

WELCOME MESSAGE

Dear Athletes, Spectators, and Viewers,

It is my great pleasure to welcome you all to Gdynia for another edition of the grand sporting event, Enea IRONMAN 70.3 Gdynia.

The IRONMAN 70.3 races are among the largest and most recognizable triathlon events in the world. Therefore, it is especially gratifying that this year, once again, Gdynia can be a part of it, as sports hold a special place in our city. I would not be exaggerating to say that Gdynia has fallen in love with triathlon, and triathletes from all over the world have fallen in love with Gdynia. There are many reasons for this love for our city - starting with the natural landscape, with its plains and hills and the sea as the central focus, to the unique atmosphere created by the irreplaceable Gdynia supporters together with the athletes. They can cheer on the "iron men" like no one else, with full faith in their victory, adding energy and encouragement at every stage of the grueling competition, especially the last, dream stage leading to the finish line.

Dear Athletes of Enea IRONMAN 70.3 Gdynia, I wish you strength and perseverance, but also sports wisdom and prudence as you conquer this impressive distance.

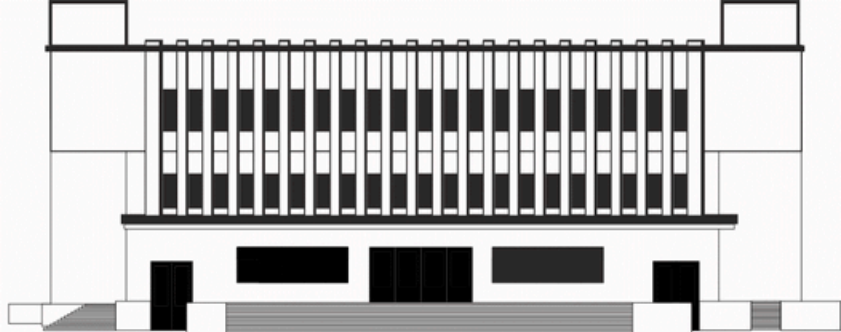
May you be accompanied by only positive emotions on this demanding course - in the water and on land - and may your attitude, based on fair play, lead you to your desired goal. I believe that the Enea IRONMAN 70.3 Gdynia event will meet the expectations of the Organizers, and bring us all - Spectators and Supporters - many unforgettable experiences, just as it has in all previous editions of this spectacular event.

Respectfully,



ALEKSANDRA KOSIOREK

Prezydent Gdyni



RUN GDY

GDYŃSKI BIEG NIEPODLEGŁOŚCI

11.11.2024

ZAPISY DO 30.10.24

gdyniasport.pl

WELCOME MESSAGE

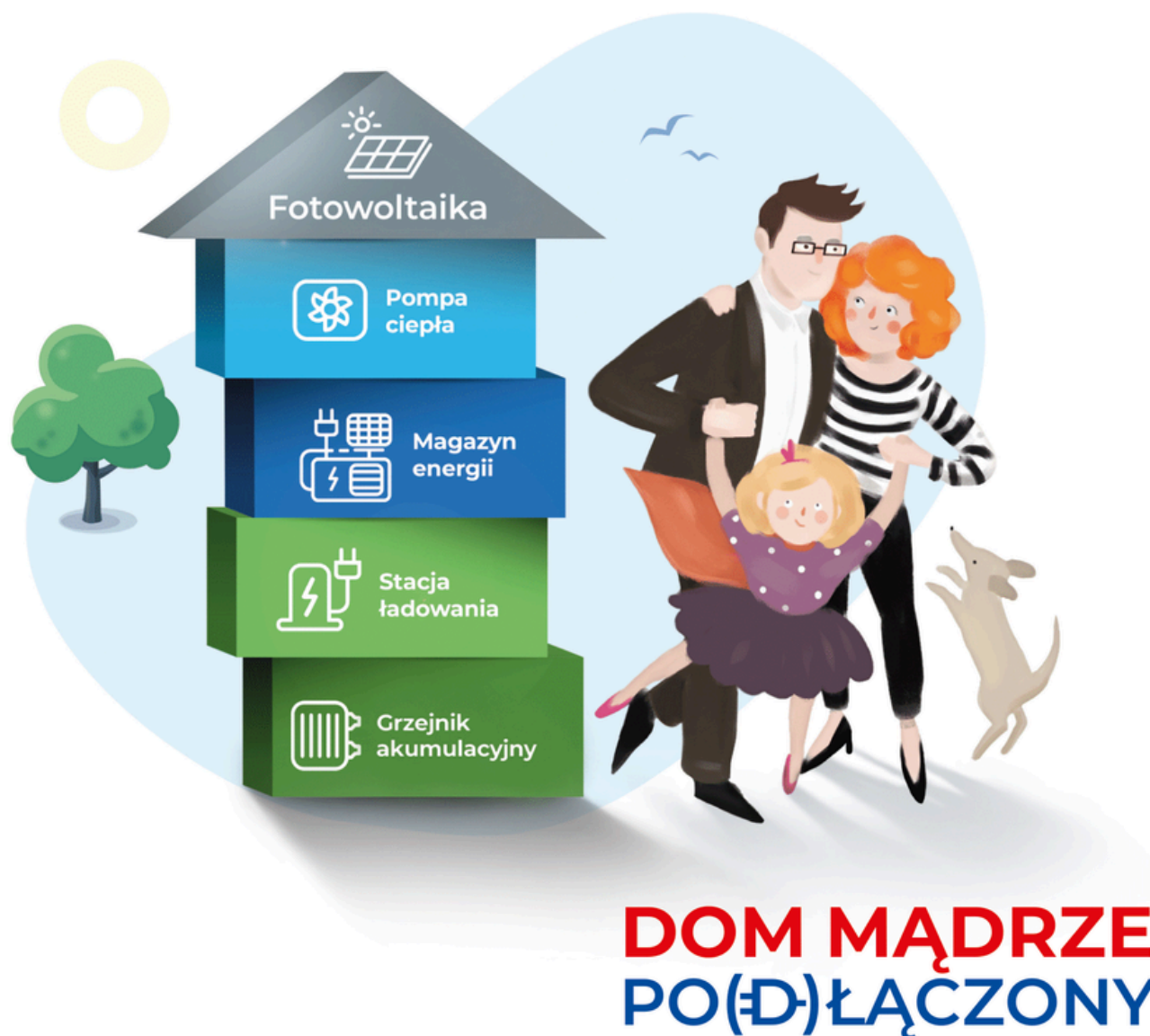
The Enea Group is one of the largest energy conglomerates in Poland. Triathlon is a special sport for us, and we have been supporting its development in Poland for ten years. We are particularly drawn to sports that require substantial energy inputs, and triathlon certainly fits this category. Enea IRONMAN 70.3 Gdynia is an extraordinary event that attracts hundreds of athletes from all over the world and fans who passionately cheer for the best possible results.

The weekend of Enea IRONMAN 70.3 Gdynia promises to be a time well-spent not only for the participants but also for the fans. We have prepared plenty of attractions for both in the Energy and Family Zone as well as the Expo Zone.

We wish all competitors joy in participating in the races and the best of results, and to the fans, exceptional fun and energy to cheer!



BERENIKA RATAJCZAK
The press spokesperson for Enea



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enea.pl/fotowoltaikaplus

infolinia: 611 111 111

WELCOME MESSAGE

Welcome!

Time flies and it's hard to believe that we're meeting for the tenth time at an IRONMAN-branded event in Gdynia. It all started in 2015 and not even the pandemic could stop us. Does anyone still remember that Gdynia was swimming, biking and running even in the 2020 season, when most events worldwide were canceled?

Over these 10 years of the IRONMAN brand in Poland, Gdynia has earned its reputation as the most prestigious triathlon event in the country. It has often been a focal point in the triathlon world – just think of the low flyover of a passenger Embraer right before the race start in 2015 or the participation of the biggest triathlon stars, including Daniela Ryf, Mirinda Carfrae, Timothy O'Donnell, Sam Long, Patrick Lange, Magnus Ditlev, and the one and only Jan Frodeno. They, along with thousands of age groupers from around the globe, have built the status and prestige of this event over the years.

I especially want to welcome those of you who are joining us for the first time. Some of you have flown in from various parts of the world – I hope you have a great time here and return home with only positive memories. I'm also rooting for all the triathlon newcomers – it's mainly for you that we introduced the 4:18:4 Gdynia powered by Sportano.pl event to the racing weekend's program. We hope that this short distance will attract even more new triathlon enthusiasts to Gdynia in the coming years.

To make Gdynia the heart of the triathlon world each year, it takes the coordinated effort of hundreds of people. I want to extend my heartfelt thanks to the entire organizing team, each of our hundreds of volunteers and collaborators, and all our partners, led by the authorities of the city of Gdynia and the Wejherowo district, the Pomeranian Voivodeship Government, and our title sponsor, Enea. Without their support, organizing this event would be impossible.

I'm rooting for all of you and see you on the weekend of August 2-4!



MICHAŁ DRELICH

Race Director

Enea
IRONMAN
70.3[®] POZNAŃ
POLAND



1,9K - 90K - 21,1K

POZNAŃ | 1 WRZEŚNIA 2024

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ORGANIZATOR



WWW.IRONMANPOZNAN.COM.PL

TOP 5 THINGS TO SEE

ORP BŁYSKAWICA

ORP Błyskawica is a naval museum ship that attracts tourists with its rich history. This historic destroyer, launched in 1936, played a crucial role during World War II, including in the defense of Britain. Today, it serves as a museum, offering visitors a unique opportunity to learn about maritime history and the ship's past

Website: www.muzeummw.pl/en/orp-blyskawica-a-real-war-veteran



EXPERYMENT SCIENCE CENTRE

The Experyment Science Center is an interactive museum that delights tourists with its educational exhibits. It offers a wide range of interactive displays and workshops that allow visitors to explore fascinating scientific phenomena in a hands-on way. It is the perfect place for families with children who want to spend time in a fun and educational manner.

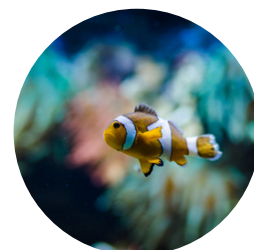
Website: www.experyment.gdynia.pl/en



GDYNIA AQUARIUM

The Gdynia Aquarium is a fascinating destination for tourists, offering the opportunity to admire a variety of fish and other marine creatures. The aquarium features exhibits from around the world, showcasing both local Baltic Sea fauna and exotic tropical species. It is an ideal attraction for families with children and nature enthusiasts who want to explore the mysteries of the underwater world.

Website: www.akwarium.gdynia.pl/en



NAVAL MUSEUM

The Naval Museum in Gdynia is an extraordinary place that attracts tourists with the rich history of the Polish naval forces. Inside, there are numerous exhibits, including weapons, uniforms, and ship models, which help visitors better understand and appreciate Poland's maritime traditions. After visiting the museum, it is worth taking a stroll along the Seaside Boulevard.

Website: www.muzeummw.pl/en/main/



DAR POMORZA

Dar Pomorza is a famous three-masted sailing ship moored in Gdynia, serving as a museum. Built in 1909, this ship served for many years as a training vessel for future sailors. Today, visitors can explore its decks and cabins, learning about the rich history of Polish maritime navigation.

Website: www.nmm.pl/en/dar-pomorza





Twój biznes, nasza pasja.

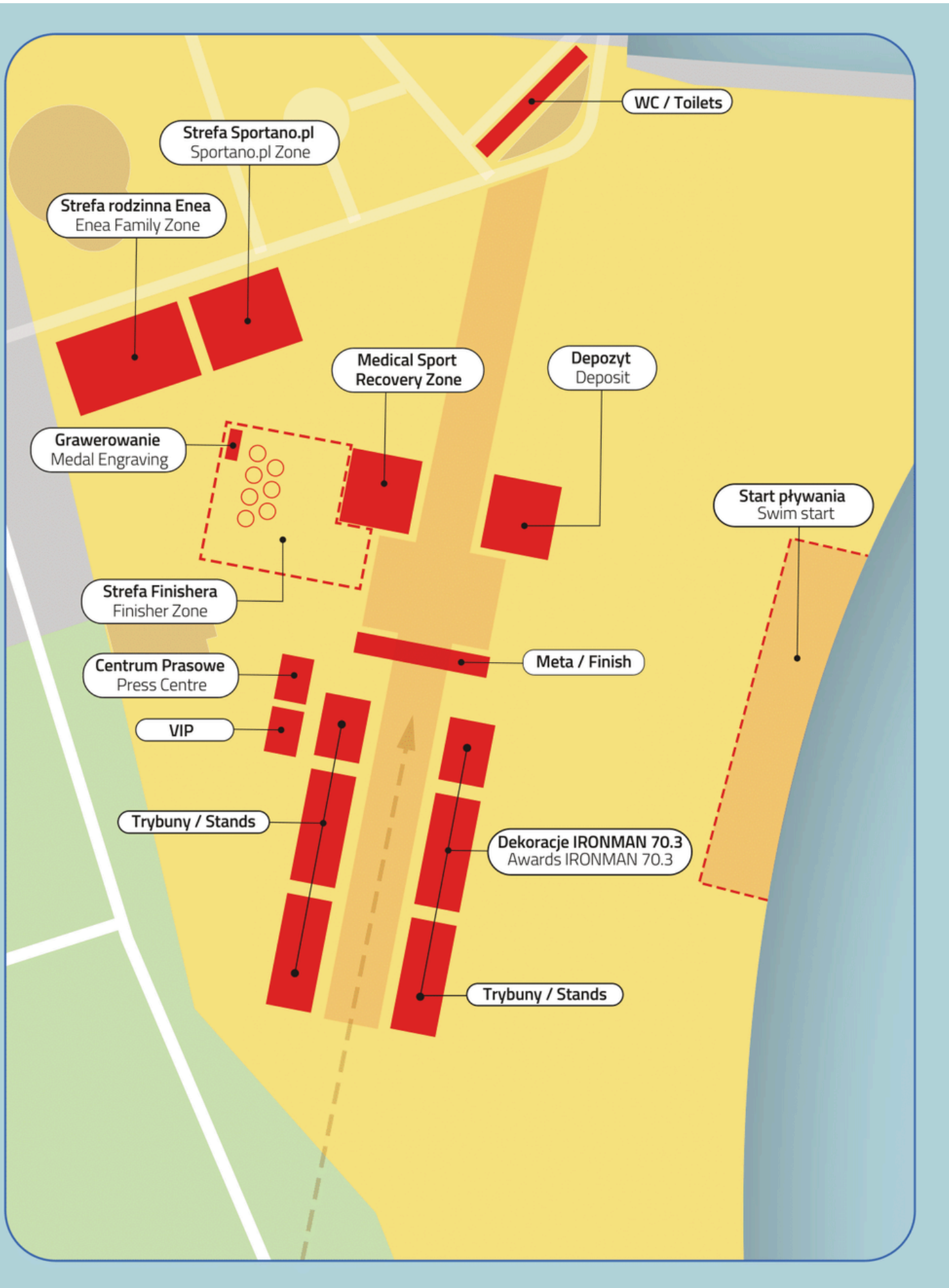
razem możemy więcej!

Wiemy, że to, co robisz, wymaga wytrwałości, siły i otwartości na współpracę.
Sprawdź, co globalny bank może zrobić dla Ciebie i Twojej firmy.

citi handlowy[®]



Mapa Miasteczka / Site Map



SCHEDULE

Friday, August 2nd

Time	Description	Location
12:00 - 20:00	Registration <i>IRONMAN 70.3, 5150 Triathlon Series, 4:18:4, Relay</i>	Race Office Tent Kościuszko Square
12:00 - 20:00	Opening hours Expo and Official Merchandise Store	Kościuszko Square
12:00 - 21:30	Registration <i>Night Run</i>	Info point Kościuszko Square
12:00 - 16:00	Registration <i>IRONKIDS</i>	Race Office Tent Kościuszko Square
14:00 - 17:00	Deposit opening hours <i>IRONKIDS</i>	Deposit Tent City Beach
15:00	Start <i>IRONKIDS</i>	City Beach
16:45	Awards <i>IRONKIDS</i>	Finish line City Beach
17:00	Technical briefing <i>4:18:4</i>	Finish line City Beach
21:00 - 23:00	Deposit opening hours <i>Night Run</i>	Deposit Tent City Beach
22:00	Start <i>Night Run</i>	Kościuszko Square
22:45	Awards <i>Night Run</i>	Finish line City Beach

Saturday, August 3rd

Time	Description	Location
7:00 - 10:00	Bike nad Bags Check-in <i>4:18:4</i>	Transition Zone Kościuszko Square
9:00 - 20:00	Registration <i>IRONMAN 70.3, 5150 Triathlon Series, Relay</i>	Race Office Tent Kościuszko Square
9:00 - 20:00	Opening hours Expo and Official Merchandise Store	Kościuszko Square
10:00 - 13:30	Deposit opening hours <i>4:18:4</i>	Deposit Tent City Beach
11:00	Rolling Start <i>4:18:4</i>	City Beach
12:30 - 15:00	Bike and Bags Check-out <i>4:18:4</i>	Transition Zone Kościuszko Square
13:00	Awards <i>4:18:4</i>	Finish line City Beach
13:15	Presentation of the Pro Athletes	Finish line City Beach
13:30	Technical briefing in Polish <i>5150 Triathlon Series, IRONMAN 70.3, Relay</i>	Finish line City Beach
13:30	Technical briefing in English <i>5150 Triathlon Series, IRONMAN 70.3, Relay</i>	Finish line City Beach
16:00 - 22:00	Bike and Bags Check-in <i>IRONMAN 70.3, 5150 Triathlon Series, Relay</i>	Transition Zone Kościuszko Square
16:00	Rowerkowe Mistrzostwa Świata powered by sporanto.pl	Kościuszko Square

SCHEDULE

Sunday, August 4th

Time	Description	Location
6:30 - 7:30	Transition Zone - opening hours* <i>5150 Triathlon Series and Relay</i>	Transition Zone Kościuszko Square
6:30 - 18:30	Deposit opening hours	Deposit Tent City Beach
7:30 - 9:00	Transition Zone - opening hours* <i>IRONMAN 70.3 and Relay</i>	Transition Zone Kościuszko Square
8:00	Rolling Start <i>5150 Triathlon Series</i>	City Beach
9:30	Rolling Start <i>IRONMAN 70.3</i>	City Beach
9:50	Expected finish of the winner <i>5150 Triathlon Series</i>	Finish line City Beach
10:00 - 17:00	Opening hours Expo and Official Merchandise Store	Kościuszko Square
12:15	Expected finish time of the last athlete <i>5150 Triathlon Series</i>	Finish line City Beach
12:15	Awards <i>5150 Triathlon Series</i>	Finish line City Beach
13:00 - 16:00	Bike and Bags Check-out <i>5150 Triathlon Series</i>	Transition Zone Kościuszko Square
13:00	Expected finish of the winner <i>IRONMAN 70.3</i>	Finish line City Beach
14:00 - 20:00	Bike and Bags Check-out <i>IRONMAN 70.3</i>	Transition Zone Kościuszko Square
18:15	Expected finish time of the last athlete <i>IRONMAN 70.3</i>	Finish line City Beach
18:15	Awards <i>IRONMAN 70.3</i>	Finish line City Beach
19:00	Slot Allocation <i>IRONMAN 70.3</i>	Warszawa Hall, 1st floor Gdynia Film Centre

Check out how to get to locations

EXPO / RACE OFFICE

KOŚCIUSZKO SQUARE

[LOCATION](#)

TRANSITION ZONE

KOŚCIUSZKO SQUARE

[LOCATION](#)

INFO POINT / NIGHT RUN - RACE OFFICE

KOŚCIUSZKO SQUARE

[LOCATION](#)

DEPOSIT, START, FINISH LINE

CITY BEACH

[LOCATION](#)

SLOT ALLOCATION

GDYNIA FILM CENTRE

[LOCATION](#)



EXPO

Opening hours

12:00 - 20:00	Friday, August 2nd
9:00 - 20:00	Saturday, August 3rd
10:00 - 17:00	Sunday, August 4th

Info point ([location](#))

If you have a last-minute question, relax and come to the info point to find the answers to your questions.

Opening hour

12:00 - 22:00	Friday, August 2nd
9:00 - 20:00	Saturday, August 3rd
10:00 - 17:00	Sunday, August 4th

The list of exhibitors

226ERS	4 ACTION
99 RENT	ALE
BONT CYCLING	CAREPUMP
DEPIL CONCEPT	ENEA
FITCAST	HYDREX
IDC / TRICENTRE	LAZER
LAZER	LIVERSTRONG
LOCO SPORT	MARTOMBIKE
MEDICAL SPORT	MOVEMORE
NICE TO FIT YOU	NOVARTAG
PHINANCE	PILLAR PERFORMANCE
QUESTSPORT	SAILFISH
SPORTANO	SWIMBIOSIS
THE ROOTS	THE ROUTE COFFEE
THULE	TRISTYLE
TRUE	UNUM
WERON	ZONE3/MIZUNO
ŻYJ BEZ OBAW RANY	



Energia nigdy się nie kończy.

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01



wpisz numer startowy

02



ciesz się kolekcją zdjęć

03



Enea
IRONMAN
70.3 GDYNIA
POLAND

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WYGRAWEROWAĆ
SWÓJ MEDAL**

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I ZAPAMIĘTAJ BIEG NA ZAWSZE

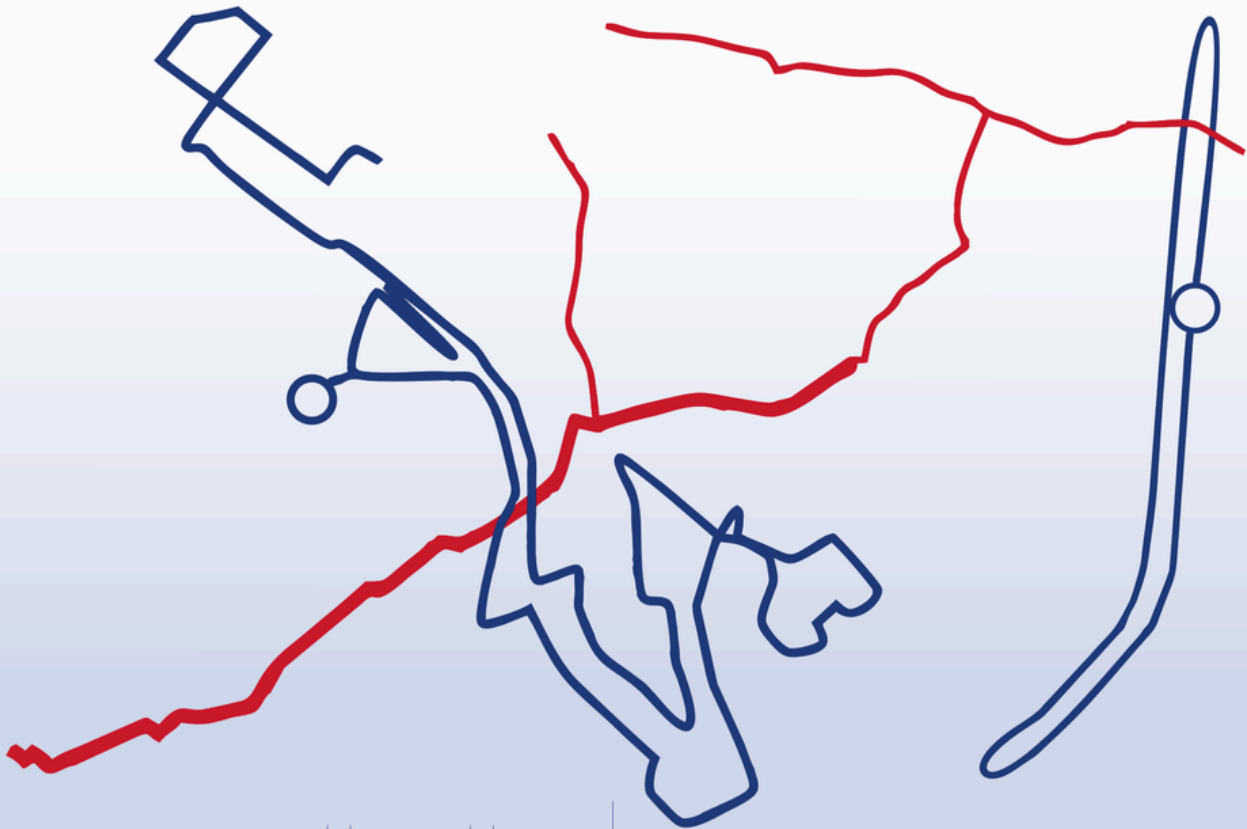
telefon:

884 911 777

35zł

FORMY PŁATNOŚCI:
GOTÓWKA / KARTA / BLIK

grawej bus



1,9K - 90K - 21,1K

HRADEC KRÁLOVÉ | 16-18/08/2024

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SPONZOŘI



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*Adam
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Poznaj Naszą Ofertę

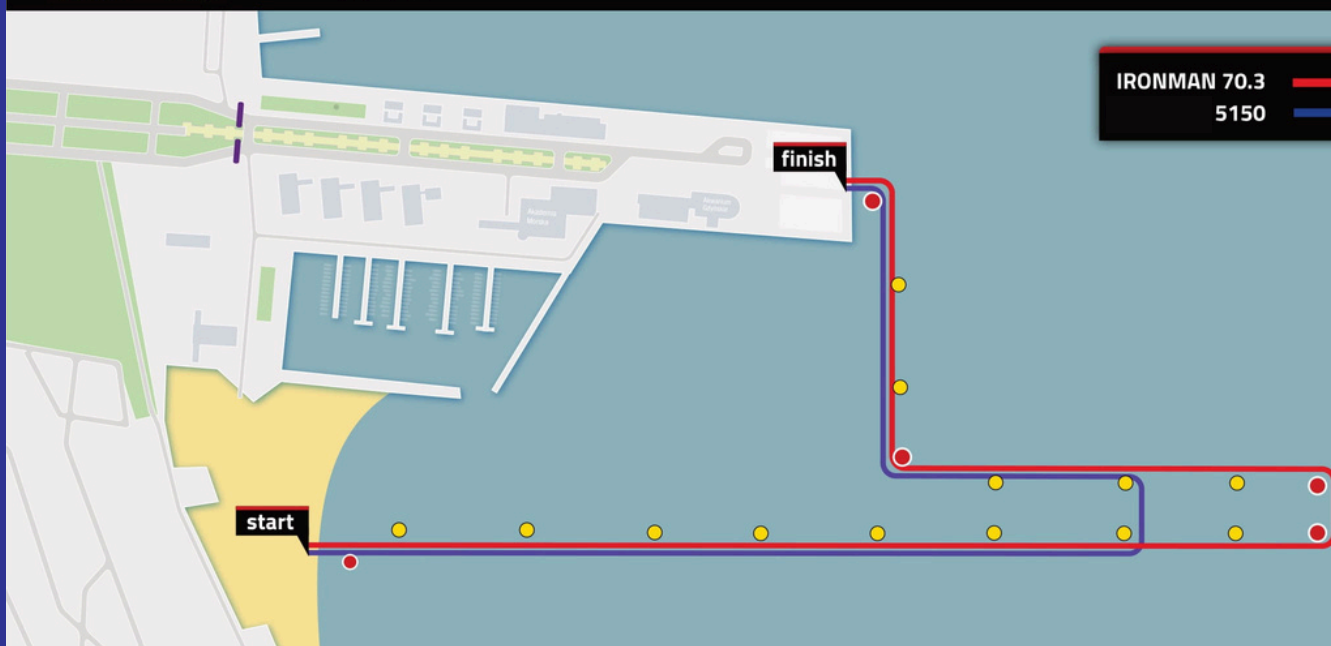
***Dowiedz się
o nas więcej***

suplement diety

Enea
IRONMAN
70.3
GDYNIA

Enea
5150
TRIATHLON
GDYNIA POLAND

Trasa pływacka / Swim course



IRONMAN 70.3	1.9 km
5150	1.5 km

Planujesz aktywne lato?

**Skompletuj z nami swój pakiet
aktywności w wodzie!**

Nauka pływania, rekreacja,
a może doskonalenie techniki?
Nasze akcesoria zapewnią
niezapomnianą przygodę.

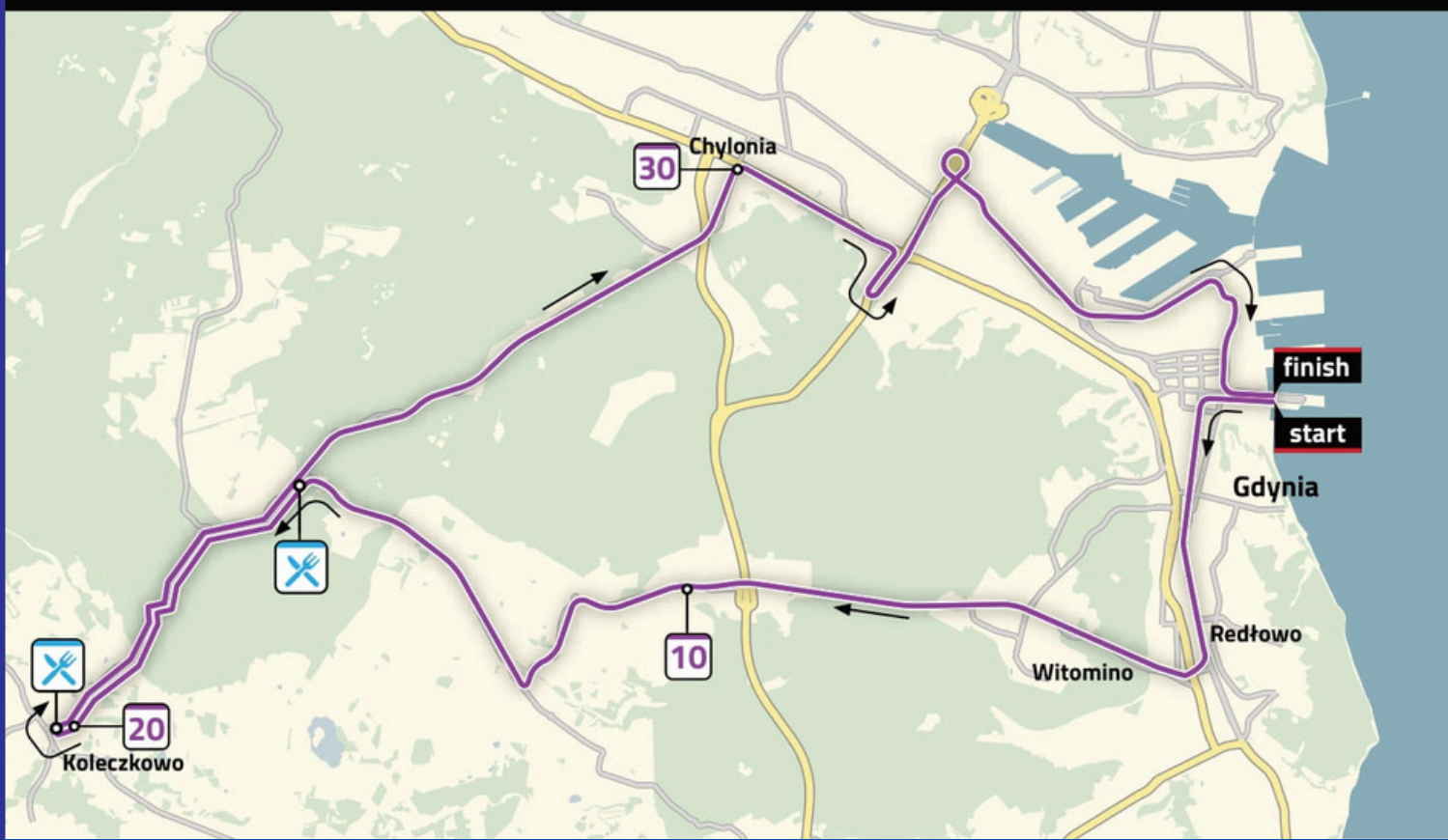
AQUA SPEED

Wszystkie produkty na www.aquaspeed.com.pl



Odwiódź stronę







IRONMAN 70.3



5150 Triathlon Series



Trasa biegowa /
Run course



*Smak
determinacji,*

gdy startujesz
w zawodach IRONMAN

Użyj kodu:

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AWARDS

Date	Time	Race	Location
Saturday, August 3rd	13:00	4:18:4	Finish line City Beach
Sunday, August 4th	12:15	5150 Triathlon Series and relay	Finish line City Beach
Sunday, August 4th	18:15	IRONMAN 70.3 and relay	Finish line City Beach


- Trophy for the Top 5 PRO Men / Women (only IRONMAN 70.3)
- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (Men, Women, Mixed)
- Trophy for the Top 3 TriClubs (only IRONMAN 70.3)
- Trophy for the Best Female and Male athlete from Gdynia

Attendance is mandatory at the Awards ceremony, no awards will be sent afterwards

ORGANIZATOR
Strefy Regeneracji



RECOVERY ZONE

 Hyperice

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PHO3NIX IRONKIDS GDYNIA

Before the Enea IRONMAN 70.3 Gdynia, young athletes will take to the course! Once again, the youngest athletes will line up at the start of the Pho3nix IRONKIDS Gdynia to tackle the aquathlon course!

Children and youth aged 5-15 will participate in the Pho3nix IRONKIDS Gdynia. The length of the course will depend on the age category.

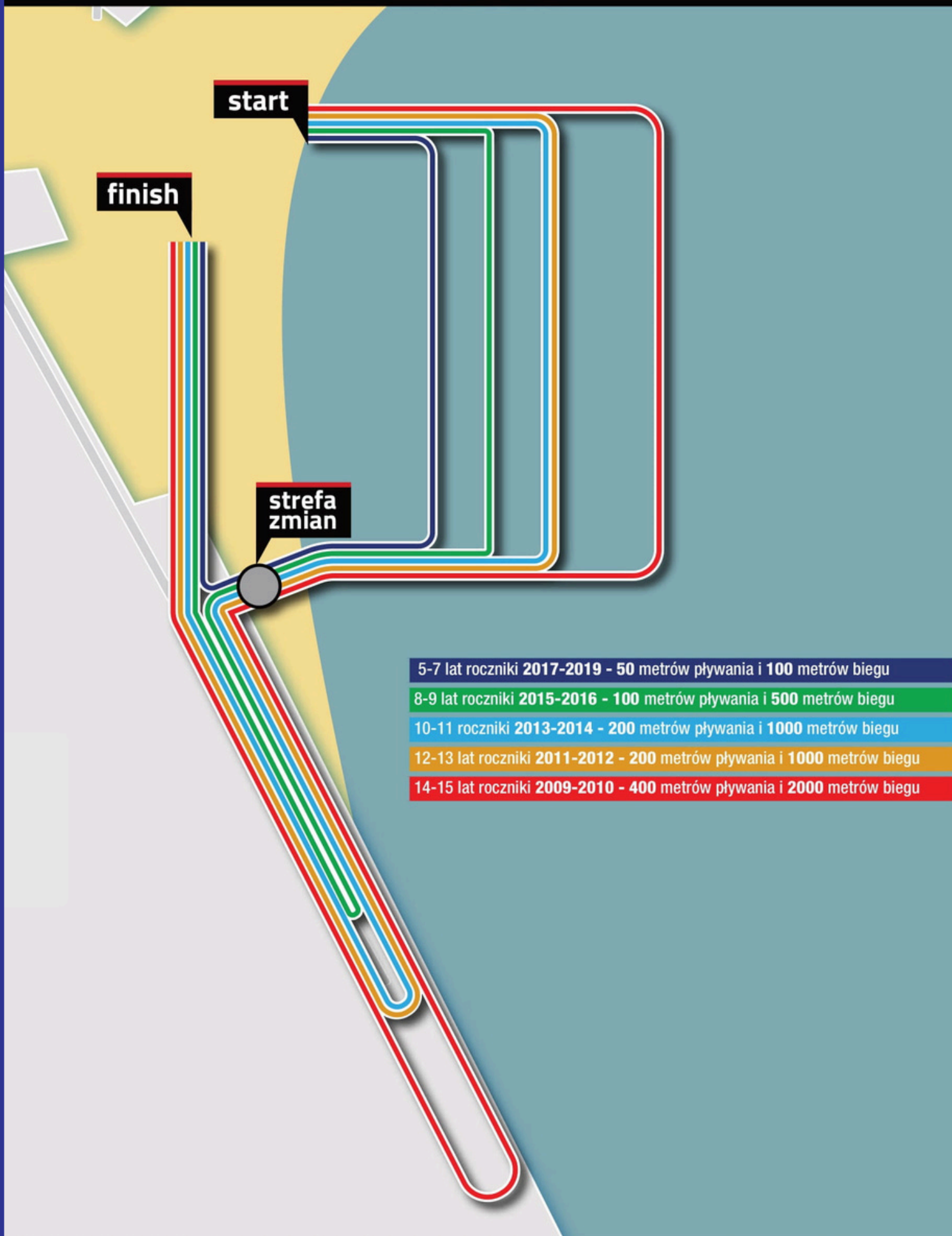
Friday, August 2nd

Time	Description	Location
12:00 - 16:30	Registration	Race Office Tent Kościuszko Square
14:00 - 17:00	Deposit opening hours	Deposit Tent City Beach
15:00	Start	City Beach
16:45	Awards	Finish line City Beach

Schedule

Gear Check-in	Start	Year	Distance
14:50 - 14:55	15:00	Born in 2019 – 2017	50 m swim & 100 m run
15:05 - 15:10	15:15	Born in 2016 – 2015	100 m swim & 500 m run
15:20 - 15:25	15:30	Born in 2014 – 2013	200 m swim & 1000 m run
15:40 - 15:45	15:50	Born in 2012 – 2011	200 m swim & 1000 m run
16:05 - 16:10	16:15	Born in 2010 – 2009	400 m swim & 2000 m run





NIGHT RUN

On Friday, August 2nd, at 22:00, the Night Run Gdynia will begin - a unique night run that will provide you with unforgettable experiences and an amazing atmosphere! It will be a perfect opportunity to run along the Seaside Boulevard just after dusk.

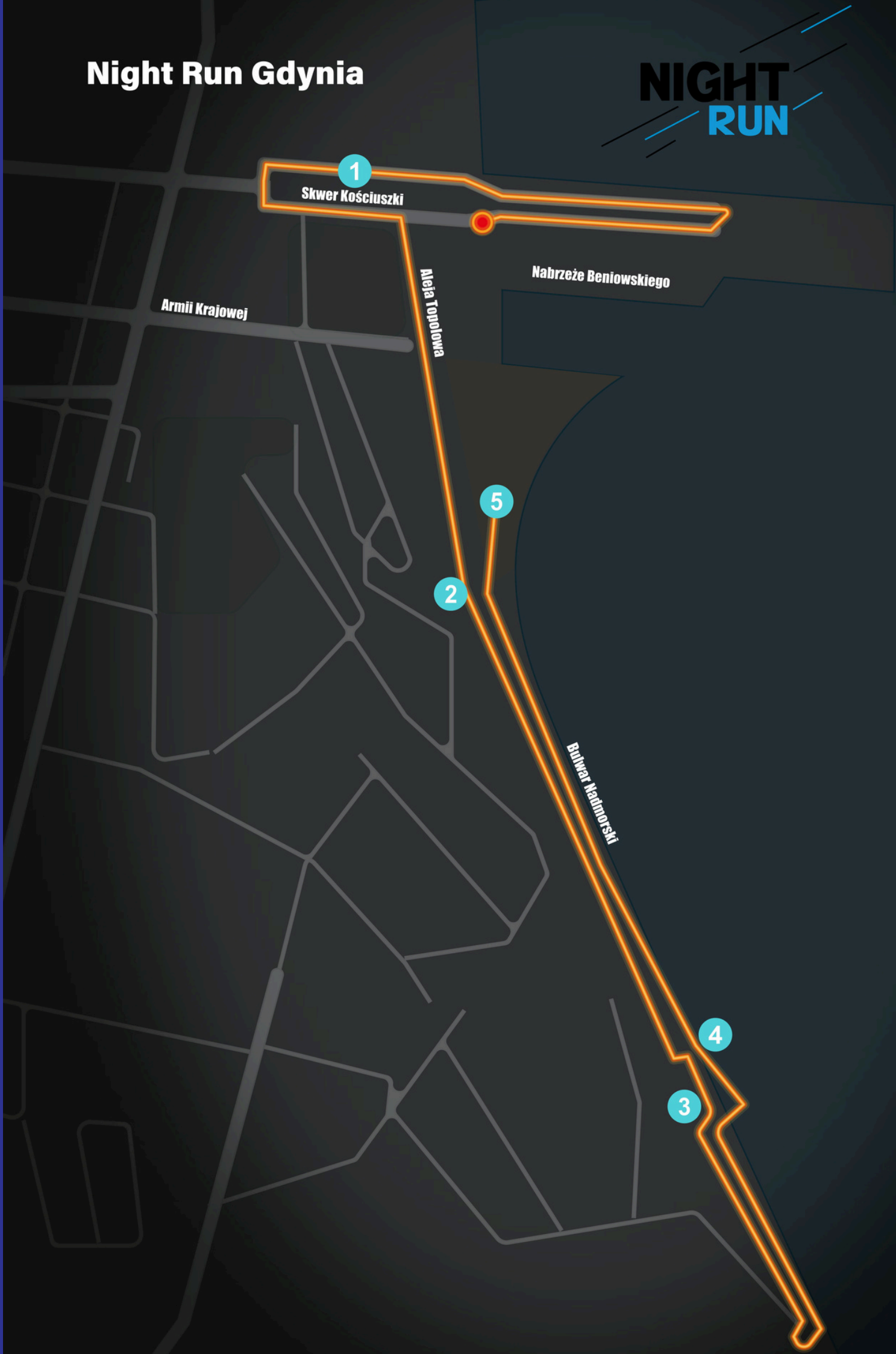
Friday, August 2nd

Time	Description	Location
12:00 - 21:30	Registration	Info point Kościuszko Square
21:00 - 23:00	Deposit opening hours	Deposit Tent City Beach
22:00	Start	Kościuszko Square
22:45	Awards	Finish line City Beach



Night Run Gdynia

NIGHT RUN



4:18:4 Gdynia powered by sportano.pl

The day before the main event, athletes will compete in a brand new distance. Participants will have to complete 400 meters of swimming, 18 kilometers of cycling, and 4 kilometers of running, with the finish line located at the City Beach.

Friday, August 2nd

Time	Description	Location
12:00 - 20:00	Registration	Race Office Tent Kościuszko Square

Saturday, August 3rd

Time	Description	Location
7:00 - 10:00	Bike and Bags Check-in	Transition Zone Kościuszko Square
10:00 - 13:30	Deposit	Deposit Tent City Beach
11:00	Rolling Start	City Beach
12:30 - 15:00	Bike and Bags Check-out	Transition Zone Kościuszko Square
13:15	Awards	Finish Line City Beach





4:18:4

Gdynia

Trasa



FAMILY ZONE

Come to the City Beach and have fun with us! There are plenty of attractions waiting for you, ensuring great fun for the whole family:

Renewable Energy Sources

Learn the secrets of harnessing energy from natural sources—wind, sun, and water. See how electrical circuits work and enjoy learning through play!

3D Printing and Pens

Create your own masterpieces using 3D printing and pens. Make toys, decorations, and three-dimensional bead pictures!

Tesla Coil

Discover safe electrical discharges and listen to the sounds generated by the Tesla coil!

Nintendo Sports

Play sports games on the Nintendo Switch console and choose your favorite discipline—from badminton to soccer!

Sport and Dance Activities

Every 20 minutes, dance and movement sessions led by a Zumba instructor for children and adults!

First Aid

Learn how to provide first aid at a booth with mannequins, first aid kits, defibrillators, and VR. Our experts will conduct professional training!

Skimboarding 20 Meters

Experience the thrill of skimboarding—take part in training sessions, competitions, shows, and fun activities!

Beach Bar Stands

Refreshing juices and lemon water served in motivational cups. Try out a blender bike and create your own drink!

VR Standard

Dive into virtual reality—choose from swimming, diving, kayaking, or running!

ICAROS Cloud

An innovative training device for comprehensive body training—from yoga to games and balance training!

Opening hours

12:00 - 20:00	Friday, August 2nd
9:00 - 20:00	Saturday, August 3rd
9:00 - 20:00	Sunday, August 4th



GOOD TO KNOW

HAVE A QUESTION?

Please send us a message on Facebook or by email to: gdynia70.3@ironman.com, 5150gdynia@theironmangroup.com or 4184gdynia@theironmangroup.com.

LOST AND FOUND

Lost and found items will be available at the Info Point.

Once the event is over, please contact gdynia70.3@ironman.com, 5150gdynia@theironmangroup.com or 4184gdynia@theironmangroup.com, to find the missing items and arrange for their return. Shipping charges will apply.

SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.

Make sure you have provided your ICE (In Case of Emergency) contact on your account at SlotMarket.pl portal.

Supporters: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly

IRONMAN TRACKER

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

Athletes' data will appear in the app on race day.



[DOWNLOAD APP](#)



TRAFFIC DISRUPTIONS

Temporary traffic disruptions on August 3-4, 2024, due to the organization of the Enea IRONMAN Gdynia triathlon event. On Saturday, August 3, disruptions will occur only within the city of Gdynia. On Sunday, August 4, they will also affect selected roads in the Wejherowo county area.

More information about road closures and changes to public transportation operations due to the event can be found by clicking the link below

[TRAFFIC DISRUPTION NOTICE](#)

HELPLINE

A special helpline will be available for drivers and residents to provide support regarding information on detours and possible crossing points through the race route.

The helpline will operate on the following days and hours:

- Friday, August 2nd: 16:00 - 20:00
- Saturday, August 3rd: 9:00 - 18:00
- Sunday, August 4th: 7:30 - 16:00



WAZE APP

We also encourage you to use the free Waze navigation app, which will include temporary road closures associated with the event.

TRAFFIC DISRUPTIONS

03.08.2024

Between the hours of 10:30 and 13:00 the following streets will be affected: Kościuszki Square, 10 Lutego Street, Władysława IV (from 10 Lutego to Al. Zwycięstwa in both directions), Al. Zwycięstwa 9 (from Władysława IV to Wielkopolska in both directions), Świętojańska Street, and Piłsudskiego Street.

4.08.2024

- 7:00-17:30: Kościuszki Square, Świętojańska Street, and Marsz. Piłsudskiego Avenue.
- 7:30-11:30: 10 Lutego Street, Władysława IV Street (lane towards Gdańsk), and Zwycięstwa Avenue (lane towards Gdańsk); Stryjska Street (towards Małokacka Street), Chwarznieńska Street, Wiczlińska Street.
- 8:00-14:00: Marszewska Street, Chyłońska Street, Wejherowska Street.
- 8:30-14:10: Jałowcowa Street, Jaskółcza Street, Kartuska Street.
- 10:00-13:00: Kielnieńska Street, Partyzantów Koleczkowskich Street, Oliwska Street.
- 10:00-12:40: Strażacka Street, Gryfa Pomorskiego Street, Czeczewska Street, Gdańska Street, Kielnieńska Street, Szemudzka Street, Gdyńska Street, Kartuska Street, Księdza Wincentego Tomaszewskiego Street.
- 10:30-13:10: Wejherowska Street, DW 224, Wejherowska Street, Pomorska Street.
- 10:30-13:50: DW 218 to Koleczkowo.
- 8:30-14:50: Morska Street, Estakada Kwiatkowskiego (one lane towards the Tricity bypass), Janka Wiśniewskiego Street (one lane counterflow), Polska Street (counterflow at the height of Celna Street and then with the flow), Bernarda Chrzanowskiego Street, Tadeusza Wendy Street, Portowa Street, Kaszubski Square.

Planned Detours:

GDYNIA

- For residents of Kamienna Góra: Entry/exit lock at the intersection of Legionów Street and Marsz. Piłsudskiego Avenue, Żwirki-Wigury/Świętojańska, Armii Krajowej/Świętojańska.
- For residents of Śródmieście (City Center): Entry/exit lock at the intersection of Wendy Street and św. Piotra.
- For residents of Wzgórze św. Maksymiliana: Recommended exit towards Sopot via Legionów-Powstania Styczniowego Street, access to the city center via Gdyńska-Śląska Road.
- For residents of Witomino: Entry/exit via Małokacka Street towards Gdyńska Road; in the area around Widna Street in Witomino: entry and exit via Widna-Chwarznieńska and Rolnicza Streets.
- For residents of Chwarzno: Access to the Tricity Bypass is ensured in the direction of travel from Obwodowa Street and counterflow from Amona-Apollina Street.
- For residents of Wiczlino: Lock at the intersection of Dulina/Staniszewskiego, entry/exit from Dąbrowa via Zaruskiego to Chwarznieńska Street (shuttle traffic on the section from Zaruskiego to Wiczlińska).
- Access to Demptowo will be via Swarzewska Street, access to Pustki Cisowskie will be possible through the commercial areas. The return route will be via Kartuska Street.

KOLECZKOWO

- In the area of Chyłońska Street: Exit via Młyńska Street to Hipiczna Street.
- In the area of Hipiczna Street: Via motorcycle escort to Wejherowska Street towards Bojano. Escorts can be arranged through the helpline.
- In the area of Kamieńska Street: Exit via the overpass over S6 to Kielno, continue in the traffic lane from Tredera Street to Partyzantów Koleczkowskich and then to Karczemki; Entry through the lock from Wejherowska Street to Uberfelta.



TRAFFIC DISRUPTIONS

Planned Detours:

KIELNO

- Exit towards Karczemki via the roundabout on Wejherowska Street, through Szkolna Street and Tredera Street, via the lock on Oliwska Street, and on to Karczemki. Access through the lock from Wejherowska Street to Uberfelta in Koleczkowo, then via Kamińska Street over the S6, and on to Kielno.

WARZNO

- Access and exit via a separated lane of traffic from Starowiejska Street, from the roundabout to Polna Street.

CZECZEWO

- Access and exit via a provided shuttle traffic lane from Gdańska Street to Przodkowska Street.

KŁOSOWO – KŁOSÓWKO

- Via motorcycle escort to Szemudzka Street in Kłosówek, towards Kielno. The escort can be arranged through the helpline.

KOWALEWO – KIELEŃSKA HUTA – SZEMUDZKA HUTA

- Via motorcycle escort to Letnia Street in Kowalewo or Wejherowska Street in Szemud. The escort can be arranged through the helpline.

SZEMUD

- Exit and entry via shuttle traffic from Tomaszewskiego Street to Kartuska Street.

PRZETOCZYNO – SOPIESZYNO

- Via motorcycle escort to Kwiatowa Street in Sopieszyno and onward towards Gowino. The escort can be arranged through the helpline.

NOWY DWÓR – BIESZKOWICE

- Via motorcycle escort to Zbychowska Street or further towards Koleczkowo. The escort can be arranged through the helpline.

UWAGA

- Kościuszko Square will be closed from Washington Street on August 2-4. Access for tenants will be possible only with passes available from security.
- The event organizers will provide a special helpline; by calling 500 261 000, you can receive updates on traffic changes. The helpline will be operational on Saturday (August 3) from 9:00 to 18:00 and on Sunday (August 4) from 7:30 to 17:30.
- The finish line for all races, as in previous years, will be located in the middle of Śródmieście Beach.

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